

Intermediates

Floor Routine

- 1 Straddle jump
- 2 Arabesque above horizontal
- 3 Handstand forward roll
- 4 Rock backwards and forwards in a ball
- 5 Push up to bridge
- 6 Kick over
- 7 One-handed cartwheel
- 8 Present

Vault Routine

- 1 Squat on to wooden vault
- 2 Roundoff off

